

Creativity in Motion Class #6 – Accidental Art – <https://vimeo.com/535003209>

This class has four activities. Here's what to expect from each.

#1 CHECK IN



Participants are invited to check in. The instructor will ask you to make observations about the physical space around you and to think about how you are feeling today.

Begins at 1min 45secs

#2 BODY WARM UP



A movement activity in which we will use our bodies to make different shapes.

Begins at 4mins 50secs

#3 Accidental Art



Using a cup of coffee or tea, a piece of paper, and a spoon, the instructor will guide participants in creating fun abstract designs with liquid on paper. Have some paper towels nearby, we might get a little messy.

Begins at 11mins 10secs

#4 What Do You See?



Once your paper is dry, join us as we add lines, colors, and shapes to what we've created. The final product will be awesome!

Begins at 20mins